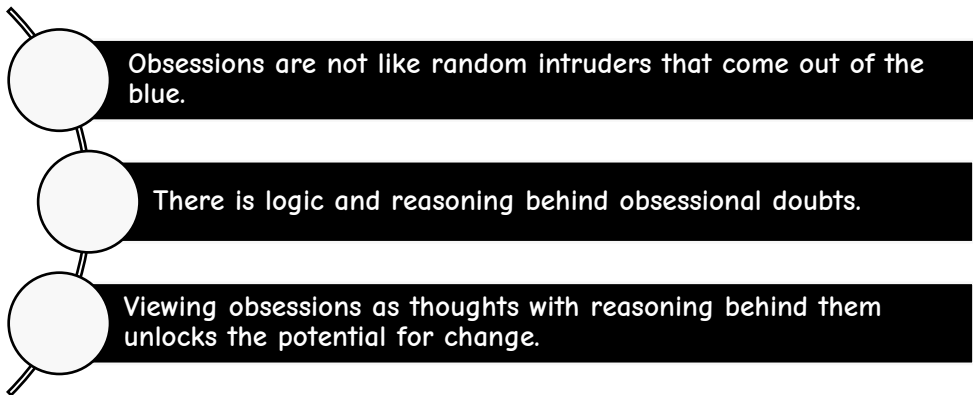


## Highlight 5.2

### Key Learning Points

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- Obsessions are not like random intruders that come out of the blue.
  - There is logic and reasoning behind obsessional doubts.
  - Viewing obsessions as thoughts with reasoning behind them unlocks the potential for change.

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